



THE SCHOOL OF HIGHER SAVINGS

BREAKING THE 'BROKE STUDENT' STEREOTYPE: METRO REVEALS WAYS TO SAVE AT PRICEY ONTARIO UNIVERSITIES PAGE 3

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LONDON

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Thursday, February 7, 2013



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No apathy here: Trudeau

Road show. MP, Liberal leadership hopeful Justin Trudeau treated like a star at Western



ANGELA MULLINS
angela.mullins@metronews.ca

It wasn't a party, but it kind of felt that way at times.

More than 500 students packed into tight quarters. Cheers, applause and even a few "hoots."

The object of all the affection — federal Liberal leadership hopeful Justin Trudeau — lapped it up, posing for photos in a sea of Western University students and even doling out a few hugs.

The response is "encouraging," Trudeau said as he took the stage Wednesday at a campus lounge.

Wooing young supporters was a clear theme in his speech. Never was that more apparent than when the talk turned, literally, to pot.

Marijuana shouldn't be

At a glance

- Justin Trudeau is one of nine candidates in the race to lead the federal Liberals.
- His campaign made several London-area stops Wednesday, starting the day at a Lucan farm, talking to Western University students, meeting with multicultural leaders and appearing at an evening rally.
- He'll be in the Kitchener-Waterloo area Thursday.

decriminalized federally. It should be legalized, the Quebec MP said, drawing applause.

"You're SOL if you want me to do it for heroin," Trudeau said. "But for cannabis, I think that's obviously a time that's come."

Legalizing and regulating marijuana sales would keep the drug away from criminal gangs and protect kids, he said.

"When you have to show ID, when there's an expectation that you have to be 18 or 19 to be able to purchase a controlled substance ... you actually keep high school students and school kids away from it even more," Trudeau said.

Trudeau also highlighted other issues, including his goal of seeing 70 per cent of Canadians enrolled in post-secondary education and the importance of engaging youth.

"This is not an apathetic generation. This is not a disconnected generation," he said. "We are a generation that is more aware, more informed, more involved in the community around us, in the world around us, than ever before."

"Politicians" and "politics of division and cynicism" are to blame for low voter turnout among 18- to 35-year-olds, Trudeau said.

It's time to turn the tide, "shifting power away from the top of the (political) pyramid" and solving problems together, he added.



Federal Liberal leadership candidate Justin Trudeau talks to a packed house Wednesday at Western University's Spoke and Rim Tavern. ANGELA MULLINS/METRO



Goalies hot, PP ice cold

On Thursday, the Knights welcome the Sarnia Sting — who snapped London's near-record-breaking 24-game win streak when the two last met, on Jan. 1 PAGE 17

University funding hard to find: Survey

Regional poll by Ontario faculty association finds government funding, high tuition are common concerns PAGE 2

Mmm ... 'The Priestley'

Tim Hortons experiments with Timbit-filled doughnut inspired by How I Met Your Mother, which featured a cameo by Jason Priestley PAGE 4

Acclaimed designer Wu famous faces

Metro sits down with Jason Wu — the man who dressed Michelle Obama for two inaugurations PAGE 14



Survey says: University funding is an issue

Regional poll. Faculty association says results are proof government funding, high tuition are common concerns



ANGELA MULLINS
angela.mullins@metronews.ca

University faculty members are gearing up to make post-secondary funding — and affordable tuition — a key talking point in the next Ontario election.

"It should be," said Constance Adamson, president of the Ontario Confederation of University Faculty Associations (OCUFA). "We're going to do our absolute best to make it a real issue."

Poll results released on Wednesday show they just might have some support in southwest Ontario.

Of about nearly 380 people questioned in the region, 71 per cent oppose reduced funding for universities while 79 per cent oppose tuition increases.

A funding freeze would hurt the quality of higher education, 44 per cent of people said.

The regional survey is one of several done across the province by OCUFA. A combined 1,500 people weighed in from Dec. 10 to 14.

In many respects, the southwest Ontario results aren't too far afield from responses elsewhere. No matter

About OCUFA

- The Ontario Confederation of University Faculty Association represents 17,000 university faculty and academic librarians across the province.
- The association has launched a series of town hall meetings across the province focused on "austerity and higher education."

where OCUFA surveyors asked the question, people saw cutting university funding as the least popular option for bridging Ontario's fiscal challenges, officials said.

Southwest Ontario residents varied a bit from those in other places when asked about the primary goal of a university education.

About half — 53 per cent — said the driving principle should be getting young people ready for the workforce, while about 38 per cent said the focus should be creating "well-rounded students."

"This is the only place (in the province) that job (readiness) is favoured by a majority of people," said André Turcotte, a Carleton University professor and lead researcher on the survey.

More than one in four people in the region say lowering or capping tuition is the most important thing the government could do in the post-secondary realm.



Trumpeter to salute brass-playing busker

Jeff Shaughnessy, 32, of London, practises the trumpet outside his home on Wednesday evening. Shaughnessy will be performing near Gate 1 of Budweiser Gardens before Thursday night's London Knights game, from 5:30 to 6 p.m., in honour of Brian Grills. Grills, 62, was a longtime downtown fixture, until the trumpet-playing busker died of cancer on Jan. 19. Shaughnessy will be accepting donations, with proceeds going toward cancer research. **JOHN MATISZ/METRO**

Beer. Enthusiasts form hyper-local microbrewery

Three Londoners have collaborated to create a local brewing company. We're talking really local here.

Each owner lives in the city, and they're all Western University grads.

The company tag, Forked River, pays homage to the Fork of the Thames. As well, one of its brand names, Capital Blonde, is a reference to a time when the Forest City was a candidate to become the capital of Upper Canada back in the 1800s.

Also, their operations are run locally, with a 3,000-square-foot distribution centre in the northeast part of the city, and several partner-



Forked River co-owners Andrew Peters, left, Dave Reed, and Steve Nazarian. HANDOUT

ships formed with London-based firms.

"We're trying to leverage as much of the community as we can," said Forked River co-owner David Reed, a 38-year-old engineer by trade.

Fittingly, the company's slogan reads, "Taste the way less travelled." **JOHN MATISZ/METRO**

Pond Mills area

Man found guilty in death of infant

A 23-year-old London man has been found guilty in the death of his young son.

The verdict against Rourke Desmanche was announced Wednesday morning at the London courthouse.

Desmanche had pleaded not guilty to charges of assault and manslaughter, but Justice Helen Rady found him guilty of both in the August 2010 death of his infant son Kurious George Rose-Desmanche.

Rourke Desmanche was arrested in September 2010, after spending two months on the run. **AM980/AM980.CA**

Wintry weather

Service warns of heavy snowfall

Another blast of winter is about to hit the London region.

Environment Canada has issued a special weather statement warning of "significant snow fall" for almost all of southern Ontario, including London.

Light snow will begin Thursday and move from west to east, with the heavier snow expected Thursday night into Friday morning.

London could see anywhere from five to 10 centimetres of snow. **AM980/AM980.CA**

Free multicultural fun

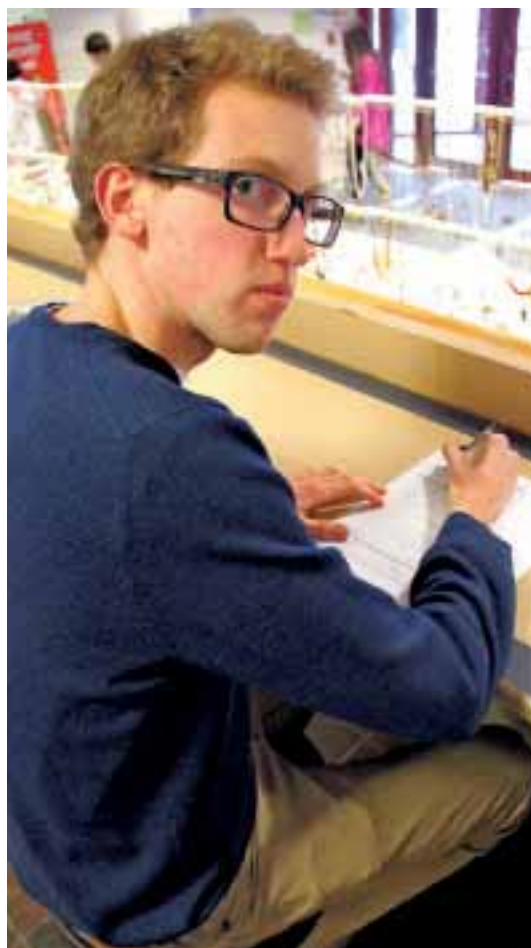
King's Cultural Festival Thursday

The 10th annual King's Cultural Festival will take place on Thursday, from 7 to 10 p.m., in Labatt Hall at King's University College. The festival is the largest multicultural event on King's campus and aims to celebrate cultural diversity and share the benefits of international learning opportunities.

The event will feature up to 100 performers who will represent their heritage through song, dance, and spoken word.

The event is open to the public and free to attend. **METRO**

Exhausting all the options



Jacob Poirier, 20, of London, fills out some financial-aid forms. The Western University undergraduate student, who is two years into a biochemistry degree, received a loan of about \$7,000 this year from the Ontario Student Assistance Program. JOHN MATISZ/METRO

Last in a three-part series. Financial aid and opting out of unnecessary fees are just two ways to save money at university



JOHN MATISZ
john.matisz@metronews.ca

The "broke student" stereotype exists for a reason: Many students are indeed strapped for cash.

The trick for a student is to lessen the financial burden of going to university — which costs at least \$20,000 in tuition alone for a four-year degree in Ontario — as much as possible.

Rylan Kinnon, executive director of the Ontario Undergraduate Student Alliance, says there are certain things one can do right off the bat.

The first thing to do is to opt out of automatic fees that provide no benefit. "The one major piece that we would remind



students about, in terms of opting out, is the health and dental fees," Kinnon said.

Although every university handles ancillary fees differently, most of them charge students for on-campus health and dental services. Students who are already covered by a health plan have no need of university-sponsored care.

Another way to save money is to research all the finan-

Financial-aid; opting out of fees

- **Help may be out there.** Ontario university students can apply for government loans, bursaries or grants and scholarships.
- **Do you qualify?** A province-wide list of financial-aid streams is posted at osap.gov.on.ca.
- **Opting out.** Another way

to save money is to opt out of some ancillary fees levied by student unions. At Western University, for example, students can choose not to enrol in the health and dental plans, a move that would save about \$230 for the school year. Talk to your student union for more information.

Exclusively online

Congratulations to Jennifer Michelle Jankowski, who won a prize pack for offering lots of great advice on how students can save money. For her response and more money-saving tips, visit metronews.ca/studenttips.



Getting fed

No longer feeding the debt monster

A university campus, much like the city of which it's a part, is a community — complete with government, campus police, recreation, social services and, in recent years, food banks.

The food bank at Western University runs on a hamper system designed to protect student privacy. Each month, food hampers are assembled by volunteers with the University Students' Council.

"We were seeing that, in some cases, individuals were requesting another hamper within a few days, when they are designed to last two weeks," said Myuri Komaragiri, the council's vice-president of campus issues.

"So we formalized the request form to see if they had dependents who they were providing for."

Students in need of a hamper email their request to the food bank, at which time they can make special dietary requests. Students receive a return email within 48 hours advising them of the locker number and combination where they can pick up their hamper.

Western students also have the option of picking it up in person.

Area food banks such as the London Food Bank also serve students.

"Absolutely, students from Western and Fanshawe are able to access the food bank. Anyone can," says Maryann McDowell, operations co-ordinator at the London Food Bank. "It is for anybody within our community who needs assistance."

To qualify, students must produce one piece of identification along with an income stub. However, the income stub is often waived for students who may not be working during the school year.

MARK SPOWART/FOR METRO

Exclusively online

Across the province there is a range of tuition and other fees at Ontario universities. Why do they differ? Find out at metronews.ca.



The don show: One way to pay for residence

Summer jobs, part-time employment, student loans, scholarships, mom and dad: Students going to university will tap into one, a few or all of these capital sources to get them through the academic year.

However, not all of these options may be available to every student.

Drew Nutbrown, a third-year history and philosophy student at Huron University College at Western, admits he is "pretty lucky" he had enough in the bank to get through his first year, but didn't know what he would do after that. Government student loans were not an option, and he did not want to go to his parents and disrupt their plans for retirement.

So he applied to be a residence don.

"Our pay covers our residence fees, plus a little extra, about \$300, for the rest of the year," said Nutbrown who was a don in his second and third year and hopes to be one again



Drew Nutbrown, a third-year student at Huron University College, works as a residence don to help pay for his university education. MARK SPOWART/FOR METRO

in his fourth year at Huron.

In addition to having their residence fees covered, dons at Huron College receive other perks.

"We usually go out for free meals once or twice a month or get to attend events like Founders Day, where there is an open bar and free food,"

Nutbrown said.

He also says meal plans can be a way to save some money, provided they're carefully rationed.

"I find the meal plans to be kind of expensive, and a lot of people are running out because they don't realize how much they are spending each

Gimme shelter

The don program at Ontario universities can mean a substantial reduction in yearly expenses. Here's a look at some Ontario schools:

- **Western University:**
 - Main campus: 140 dons in eight residences (salaries vary).
 - King's University College: 17 residence assistants, 2 head residence assistants (\$7,000 for the academic year).
 - Huron University College: 12 dons, 2 don supervisors (\$6,300 for a don, \$8,800 for don supervisors).
 - Brescia University College: 5 residence assistants (\$6,200 per year).
- **University of Toronto:** 140 dons (free single room and meal plan).
- **Ryerson:** 22 residential advisers, 13 to 15 academic links (responsible for a group of students in a faculty as opposed to a residence floor) \$5,000 plus room subsidy.
- **Carleton:** 61 residence dons (single-room occupancy and meals).
- **University of Ottawa:** 55 community advisers (receive room free of charge and are paid \$1,600 for the year).

time they swipe their card," he said.

"I estimate how many days during the year I am here for school, and then divide the

meal plan by those number of days so I know how much I can spend each day and try to budget myself for that."

MARK SPOWART/FOR METRO

Thirteen-year battle

Feds appeal ruling on Indian status

The federal government will appeal a landmark Federal Court ruling that would vastly expand the ranks of people considered Indians.

After more than 13 years of legal wrangling, the court ruled last month that Métis and non-status Indians are indeed "Indians" under a section of the

Constitution Act.

On Wednesday, Aboriginal Affairs Minister John Duncan said the ramifications of the decision demand a ruling from a higher authority. He added the services provided to aboriginals must be fiscally sustainable.

The Congress of Aboriginal Peoples and several Métis and non-status Indians took the federal government to court in 1999.

THE CANADIAN PRESS

Price disparity. Senators urge tariff review to help match U.S. prices

A Senate committee says Ottawa should launch a comprehensive review of tariffs as a way of narrowing the price gap between Canadian and U.S. consumer goods.

The committee says Canadian consumers feel ripped off by higher prices in Canada, but the problem is not as simple as it appears.

A report cites factors like the different size in the market and the fact suppliers often charge Canadian retailers more than counterparts in the U.S.

But it also notes that many witnesses pointed the finger at import tariffs applied by the federal government on consumer goods,

which can sometimes reach as high as 18 per cent.

Prior to the report's release, Finance Minister Jim Flaherty said the government has been looking into tariffs, particularly on consumer goods, to see if they can be lowered or eliminated.

THE CANADIAN PRESS

Prediction

The report expects the price differential between goods in Canada and the U.S. to close as competition increases and more consumers become price-savvy.

Tribute doughnut. Take a bite out of 'The Priestley'

A sitcom gag about the ubiquitous presence of Tim Hortons has inspired the company to create an outlandish new pastry — a Timbit stuffed into a jam-filled doughnut.

A company spokeswoman says the one-time only experiment — a photo of which appeared on its Twitter feed Tuesday — was inspired by a recent episode of *How I Met Your Mother*.

The Canadian-themed episode featured a cameo by homegrown star Jason Priestley, who boasted of a self-created confection he dubbed "The Priestley."

Tim Hortons spokeswoman Alexandra Cygal says a staff member who happens to be a fan of the show as well as a "certified culinary scientist" created the doughnut as a fun exercise.

"The day after the show aired he just came into work and decided to create The Priestley in his lab, so we had a lot of fun with it," Cygal said Wednesday, adding that there are no plans to mass-produce the treat. "It's generated a lot of positive buzz and great exposure for our brand both in Canada and the U.S."

Monday's episode of *How I Met Your Mother* featured a cavalcade of Canadian stars in-



This photo from @TimHortons Twitter feed shows a doughnut called "The Priestley," which the company made after it was mentioned on an episode of *How I Met Your Mother*. TWITTER

cluding Luc Robitaille, Steven Page, K.d. lang, Geddy Lee, Alex Trebek, Alan Thicke and Paul Shaffer.

They pop up when recurring character Barney Stinson, played by Neil Patrick Harris, travels to Canada to learn more about his Canadian girlfriend Robin Scherbatsky, played by real-life Canuck actress Cobie Smulders.

He discovers a country obsessed with Tim Hortons doughnuts, as revealed by a faux documentary in which Priestley claims to have invented "The Priestley."

THE CANADIAN PRESS

Sexy Anne of Green Gables mortifies nation of readers

11-year-old redhead. Flirtatious blond teenager adorns the cover of new edition

A new image of Canada's most beloved literary orphan has Canadians seeing red, but not where they're supposed to.

A new edition of *Anne of Green Gables* depicts the notoriously youthful and ruddy-headed heroine as a curvaceous blond teen, sparking a fierce backlash from scholars and casual readers alike.

Critics derided the cover, saying it is a far cry from the feisty, 19th-century 11-year-old brought to life in the pages of L.M. Montgomery's classic novels.

The image appears on the cover of a *Three in One* edition produced by CreateSpace, a subsidiary of the Amazon group that allows people to self-publish their material.

Many readers argued the picture, which flatly contradicts many textual references to Anne's appearance, amounts to character assassination.



The cover image of a new edition by CreateSpace, left, meets Anne's copyrighted traditional look. TORSTAR NEWS SERVICE

"Anne's fiery hair, unfortunate complexion and gangly build define her character ... for she learns to cultivate ideals of inner and outer beauty," one reader wrote on the book's Amazon.com page.

Nick Mount, Canadian literature professor at the University of Toronto, suspects the photo was used in part to contravene copyright protections.

Too precious

"Messing with this particular image is asking for trouble."

Nick Mount, Canadian lit professor at the University of Toronto, saying the new image nearly defaces a Canadian cultural icon.

While Montgomery's text is in the public domain and therefore fair game for self-publishing companies, the traditional image of Anne is

owned jointly by the province of Prince Edward Island and the heirs to the author's estate.

THE CANADIAN PRESS

Tokenism. Monopoly fans vote to add cat, toss iron

Scottie dog has a new nemesis in Monopoly after fans from more than 120 countries voted to add a cat token to the property trading board game, replacing the iron, toy maker Hasbro Inc. announced Wednesday. It was the first time that fans have had a say on which of the eight tokens to add and which one to toss.

The results were announced after passionate efforts by fans to save their favourite tokens and businesses eager to capitalize on publicity surrounding pieces that represent their products. The shoe and the wheelbarrow had joined the iron as endangered tokens.



The online contest to change the tokens was sparked by chatter on Facebook, where Monopoly has more than 10 million fans. The vote on Facebook closed just before midnight on Tuesday.

The initiative was intended to ensure that a game created nearly eight decades ago remains relevant and engaging to fans today. The tokens have changed quite a lot since Parker Brothers bought the game from its original designer in 1935.

Other pieces that contested for a spot included a robot, diamond ring, helicopter and guitar.

THE CANADIAN PRESS



Stock flotation: Dead herring cost a cool \$9.8M

Herring worth millions in exports are seen floating dead Tuesday in Kolgrafafjörður, a small fjord in west Iceland, for the second time in two months. Between 25,000 and 30,000 tonnes of fish died in December and more are dead now, due to lack of oxygen in the water thought to have been caused by a landfill and bridge constructed across the fjord in December 2004. The current export value of the estimated 10,000 tonnes of herring amounts to about \$9.8 million, according to Morgunbladid newspaper. BRYNJAR GAUTI/THE ASSOCIATED PRESS

Market Minute

↑ DOLLAR
100.45¢
(+0.07¢)

Natural gas: \$3.43 US (+3¢)
Dow Jones: 13,986.52 (+7.22)

↑ TSX
12,761.59 (+15.95)

↓ OIL
\$96.62 US (-2¢)

↑ GOLD
\$1,678.80 US (+\$5.30)

BORDER-CROSSING MADE EASY AS PIE (NOTE: PIES WILL BE CONFISCATED)



HE
SAYS...
John Mazerolle
metronews.ca

Hello, fellow Canucks, and welcome to this special guide on how to get through U.S. Customs, no fuss no muss!

(The U.S. government advises that if you do have

muss, you must say how long you have had it, where you obtained it, and whether you plan to use it for business or pleasure.)

Shhh!

Remember that airports and border crossings are highly inappropriate places to talk about terrorism. Instead, say "extremism."

Sure, sometimes small hiccups can happen at the border. For instance, there was the recent case of a Canadian man who was not allowed to attend the Super Bowl because of a 1981 marijuana conviction.

(The U.S. government warns that marijuana has been proven to alter the brain, which under U.S. law is only appropriate when it involves heavy drinkers

watching large men give each other concussions.)

And, yes, most of us have a friend or relative who's had trouble at the border. An ex of mine was recently denied entry because something alarmed U.S. customs officials. Keep in mind that she is a white, rail-thin woman with blond hair, a big smile and Cameron Diaz's looks, but not as threatening. Also, her passport is full of Middle Eastern stamps because she lived there for two years.

I'm here to assure you that these instances are the exception, not the norm. By following these simple tips at border crossings and airports, you can change entering and leaving the U.S. from a long and terrifying ordeal to a long and tedious annoyance.

U.S., eh? – Tips for crossing the U.S.-Canada border: While you wait:

- If you must walk through a metal detector, remember to remove shoes, jackets, scarves, belts, bracelets, underthings, fillings, false hips, glass eyes, any bodily fluids hidden in your body, your allegiance to your country and that stupid smirk on your face.
- Remember that airports and border crossings are highly inappropriate places to talk about terrorism. Instead, say "extremism."

Talking with the customs officers:

- Remember that being a customs official is a stressful, repetitive occupation, so you should relieve the tension with a few well-timed zingers. They LOVE it! Joking with the official about how he or she is a glorified mall cop will liven up an otherwise dreary day.
- Also, show the official you are friendly and confident by finishing every sentence with "Bucko!"

What to declare:

- No endangered species are allowed, especially as articles of clothing. (For example, on the not acceptable list: Elephant-tooth necklace with lion-skin shawl; acceptable: Housecoat made of house cats.)
- The U.S. considers Cuba an evil empire. If you have a Cuban cigar, be sure to label it as a finely rolled Saudi Arabian.

Drugs:

- If you have a marijuana conviction, you are required by law to declare it, unless you got it at a duty-free shop.
- There are only two ways to regain permission to enter the U.S. after a drug conviction: 1) obtain a pardon; or 2) score an interview with Oprah.

Those are the tips. We hope you found them helpful. By following these simple rules, your U.S. trip will be easy as pie.

(Please be advised that U.S. regulations stipulate that all pies will be confiscated. Also, if you have any ice cream and a fork, that'd be great.)

Open-concept house for sale

Life is plastic

Icon looks to move after decades in Dreamhouse

Open house

It's fantastic:
Barbie lists abode

After 41 years, Mattel's leading lady is moving out. Toy maker Mattel announced today Barbie is looking for a new home and selling her Malibu, Calif., Dreamhouse.

In her search for a new pink abode, the septuagenarian doll will make a number of worldwide appearances, including World Mastercard Fashion Week in Toronto in March to meet with some Canuck designers. **METRO**

'Ken' I come, too?

Do you want to know what it's like in Barbie world?

Wondering what the house — which started its fictional life as a studio apartment in 1962 and has undergone 10 renovations — is like?

Mattel is letting fans immerse themselves into Barbie's world with a real-life experience, giving girls the chance to see the Dreamhouse in person.

Or, they can get a glimpse of Barbie in her reality web series that's airing on Barbie.com.

The site even allows girls to customize their own Dreamhouse. **METRO**

"It wasn't an easy decision for Barbie to put her Dreamhouse on the market, but this move marks an unprecedented opportunity for her fans to get an inside look at her dreamy home."

Lori Pantel
Vice-president of global marketing for Barbie

Three walls equal great ocean view

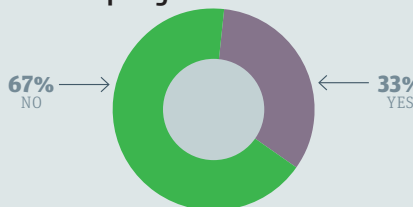
The 8,500-square-foot (measured in her heels), three-storey bachelorette compound features a spacious bedroom, three chandeliers, one elevator — in pink and with a state-of-the-art pulley system — and the best ocean view in Malibu (after all, it only has three walls).

METRO



Register at metropolitanpanel.ca and take the quick poll

Should sperm donors be able to apply to see their offspring?



Twitter

@janethebookfan:

Die Hard as a Valentine's Day movie. Loooooove it!

@M_Trevithick:

Scrambling to find some ideas for a 10 minute doc. #ldnont

@HannaTakbo:

@JustinTrudeau since your in #LdnOnt any chance stopping by Libro on Wellington Rd? #justasking

@WhiskeyAndBooks:

No coffee left on my porch this morning. No cookies for you, #LDNont.

@didhenley:

I'd say the 19 Oakridge bus is on time maybe 1 out of 20 times. Average is about 5 minutes late. #ldnont

@londonlibrary:

Wow! #ldnont loves ebooks! We tripled the number of new people using our ebook collection in January.

Metro movie critic plays Mind Games

Fundraiser. Richard Crouse will host a trivia event to help raise money for brain disorder research



BACKSTAGE PASS
Mila Petkovic
london@metronews.ca

Movie critic and trivia expert Richard Crouse is challenging Londoners to a mind-teasing game of trivia to raise money for the research and treatment of brain disorders like Alzheimer's, head injuries and mental illness.

Mind Games, hosted by Crouse and presented by local law firm Foster Townsend Graham & Associates, takes place at Aroma restaurant on Thursday, with proceeds going to the Centre for Cognitive Vitality at St. Joseph's Parkwood Hospital (expected to open in 2015).

"My girlfriend's grandfather had dementia," said Crouse, who once hosted the London Canadian Film Festival and appears in Metro every week.

"It is something that when you witness up close and personal, it really affects you. And to continue the research and treatment is very expensive."

The sold-out event is expected to raise thousands of dollars, said event organizer Amanda Baggaley-Lacerte.

Fifteen trivia teams, with names like Les Quizzerables and Red Hot Trivia Peppers, will be vying for the top prizes of the evening. Members of the winning team will take home iPad minis, and the

Fun facts

- Crouse is writing a book about the album that changed his life: My Aim is True by Elvis Costello. He first listened to it when he was 15, and still listens to it on a weekly basis.
- Crouse's top movie picks so far this year: Mama, Bullet to the Head and The Last Stand

runners-up will leave with the latest iPod touch devices.

All participants will receive a signed copy of Raising Hell: Ken Russell and the Unmaking of the Devils, Crouse's most recent book.

In addition to being a regular TV and radio show host and guest (he hosted Reel to Real, Canada's longest-running TV show about movies from 1998 to 2008, and he is now the film critic for CTV's Canada AM and CTV News Channel), Crouse is the author of six books.

His newest book digs up the story of one of the most controversial films in history — Ken Russell's 1971 cult classic The Devils — and why Warner Bros. still refuses to release the full version. Based on a true story, the film centres on a sex-crazed priest and group of nuns in 17th century France.

"No one before had taken sex, violence and religion and put them in one movie, and that's what was so shocking at the time, and still is today, 42 years later," said Crouse.

"I'm lucky to be able to do what I do for a living," he added. "And so any time I can give back or help out, I will. Mind Games is a worthwhile cause, and the event is going to be a lot of fun."



Movie critic Richard Crouse will host trivia event Mind Games on Thursday at Aroma. JAMES HEASLIP/FOR METRO



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The positive effect of playing a psychiatrist

Interview. Catherine Zeta-Jones speaks about what brought her back to the big screen and her connection to family

NED EHRBAR
Metro World News

Side Effects brings actress Catherine Zeta-Jones and director Steven Soderbergh together for the third time, following Traffic and Ocean's 12, and Zeta-Jones says Soderbergh knows the secret to keeping actors coming back.

"He rubbed my feet when I was pregnant in Traffic. That's the only reason why I keep coming back," she says with a laugh.

"He looked after a pregnant woman so well, I just knew I'd always be in good hands."

Of course, it takes more than foot rubs to get Zeta-Jones interested in a project. Over the past few years, she has focused on her home life following husband Michael Douglas' battle with cancer.

"I love my job, but it takes



Catherine Zeta-Jones returns to the big screen to work with Steven Soderbergh. HANDOUT

me a lot to leave my kids, leave my husband and leave my dogs," she says.

"I find it really hard to leave my children. I think

that I'll never get these beautiful, formative, delicious years back, and it takes me great thought and what is it that I want to leave my kids

and my husband for? And this obviously was a must for me. I'd pretty much do the phone book with Steven if he asked me, just read it in three dif-

Her husband is kissing Matt Damon

Catherine Zeta-Jones' husband, Michael Douglas, is also re-teaming with director Steven Soderbergh, taking on the role of Liberace in the HBO movie Behind the Candelabra. The role calls for Douglas to lock lips on-screen with co-star Matt Damon, something Zeta-Jones says she's OK with.

- **Quote.** "I've seen Behind the Candelabra and if my husband's going to kiss

anybody else in the world, I'm so happy it's Matt Damon," she says. "Supposedly when Matt Damon was kissing Michael, he closed his eyes and pretended he was kissing me. He said that to Michael. Matt was closing his eyes and kissing Michael and pretending he was kissing me, and I just thought that was one of the biggest compliments I've ever had."

ferent languages — French, Welsh and English."

There was one other element of Side Effects that had a can't-miss appeal for Zeta-Jones, and that was the chance to tackle playing an accomplished psychiatrist.

"I'm actually thrilled that Steven cast me as a doctor because I never went to college, and I always wanted an M.D. after my name," she says. "I'm really quite flattered that he fulfilled my mother's dream."

There are other gigs beckoning Zeta-Jones away from home, too.

She just wrapped filming on Red 2, the sequel to the 2011 action hit starring Bruce Willis and Helen Mirren, and she'll be on stage later this month at the Oscars for the awards show's tribute to musicals from the past decade, including Chicago, for which Zeta-Jones won an Oscar.

"I'm absolutely terrified. I don't quite know the exact capacity in which I will be (involved)," she says.

"I'll be there, put it that way. I don't quite know what I'll be doing. That will be fun."

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Beckham still weirded out being on billboards

Ad campaign. Becks talks about working with Guy Ritchie, his fitness routine and supporting his wife

David Beckham has a knack for keeping his name in the news, and his face — and well-sculpted body — in front of the cameras. The newest

ad campaign for his body-wear collection for global retailer H&M is being released on the heels of the announcement that he's joining the French Paris-Saint Germain soccer club.

The ad campaign, directed by Guy Ritchie, is more like a film short. Beckham stars as an action hero, saving the day in Los Angeles in his boxer briefs and bedroom slippers.

The 37-year-old Beckham said he's committed to this

for the long haul, but is still a little startled looking up at a billboard and seeing a giant version of himself.

"No matter how many campaigns I do with H&M, I will never get used to seeing myself on billboards," he said. "It's always a surprise to me when I see them. I'm lucky to work with such great photographers and stylists, so the images are always the best they can be."

Beckham responded to

questions via email.

Working with Ritchie seems like a little bit of a leap into acting. Is that where you are heading?

It's been great working with Guy. He's one of my favourite directors, and also a friend, so it was amazing to work with him on my new body-wear commercial for H&M. It was good fun playing an action hero for the day, getting to do all the stunts and end-

ing up in unexpected situations, but acting full time is not something I see myself doing in the near future.

Is there a movie you wish you could have starred in?

I love Guy's film *Lock, Stock and Two Smoking Barrels*. It came out in 1998, which was such an exciting time to be British. I remember the attitude and energy of the film as if it were yesterday, and it went on to define so much about how British men saw themselves for years to

come. But I wouldn't want to actually appear in the movie — I have too much fun watching it.

What's the biggest challenge in sticking to your fitness routine?

Keeping fit is really important as playing football is all I've ever wanted to do. I'm training a lot at the moment so fitness is an integral part of my day. I think I'd find it more of a challenge if I wasn't able to keep in shape.

THE ASSOCIATED PRESS

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Soccer star David Beckham on the set of his newest ad campaign for his bodywear collection in Los Angeles. HANDOUT

Disney

Brace yourself Star Wars geeks

Disney is mining The Force for even more new films.

Walt Disney Co. CEO Bob Iger said Tuesday that screenwriters Larry Kasdan and Simon Kinberg are working on stand-alone Star Wars movies that aren't part of the new trilogy that's in the works.

"There has been speculation about some stand-alone films that have been in development, and I can confirm to you today that in fact we are working on a few stand-alone films," Iger told CNBC.

THE ASSOCIATED PRESS





Lady Gaga. ALL GETTY IMAGES

Lady Gaga's weird and wonderful dressing room requirements leaked

Lady Gaga's list of dressing room requirements has leaked, and while there are more demanding celebrity singers out there — Mariah Carey comes to mind — she wouldn't be Gaga without a few eyebrow-raising items.

Gaga's requests include lavender towels and hand soap as well as yellow, lavender and white roses and, according to correspondence obtained by Celebuzz, "a mannequin with puffy pink pubic hair."



Russell Brand

Despite Stern prodding, Brand refuses to thrash ex-wife Katy Perry

During a recent visit to Howard Stern's radio show, Russell Brand got the chance to criticize ex-wife Katy Perry for dating John Mayer, but he didn't take it. "Doesn't she know that he's a worse womanizer than you?" Stern asked, to which Brand joked, "Worse or better, depending on how you view it." But Stern's prodding didn't producer any naysaying. "So help

me God, Howard Stern, I will not compromise my ex-wife's vagina for the sake of ratings," Brand declared. "That woman was perfect from top to bottom." As for Brand's own love life: "I'm not dating anybody. Actually, I'd like a romance," he says. "Not so much playing the field, just going through life, doing yoga, concentrating on this TV show and trying to find a nice wife."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



'Unflattering' pictures put Beyoncé's vanity on show



THE WORD
Dorothy Robinson
scene@metronews.ca

On Monday BuzzFeed published a story entitled "The 33 Fiercest Moments From Beyoncé's Halftime Show" which, as the title entails, includes photos of Bey looking like the warrior princess she is. The problem? Apparently, Beyoncé and her team found some of the pictures unflattering and emailed the site to have them taken down as, god forbid, Beyoncé ever look unattractive. The email

from her publicist read, "Thanks for taking my call. As discussed, there are some unflattering photos on your current feed that we are respectfully asking you to change. I am certain that you will be able to find some better photos."

The Word is reprinting one of the photos here. As you can see, it isn't the best but how in the world could a few bad shots of Beyoncé ruin her stature as an icon? They are merely drops in the ocean of Beyoncé imagery that saturate our day-to-day lives. Faces make faces, especially when you're performing as hard as she did on Sunday night. If anything, it's nice to know that she's actually a human and not some leather clad robot created by the Knowles family to make all women feel terrible about themselves.



Chris Brown

Brown may have to redo community services due to 'discrepancies'

Chris Brown may have to start his community service all over again now that a Los Angeles District Attorney is alleging the singer failed to provide "credible, competent or verifiable evidence" that he fulfilled his obligation, according to the Los Angeles Times. Brown was given 180 days of community service as part of his sentence for assaulting Rihanna in 2009, and he was granted permission to complete it in his home state of Virginia. But now D.A. Mary Murray

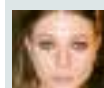
claims there are "significant discrepancies" in the reports about his service, which she says are "at best sloppy documentation and at worst fraudulent reporting." Brown's lawyer, Mark Geragos, is promising to fight back, though. "Apparently the district attorney's office has completely lost their minds," he tells the newspaper. "They are making scurrilous, libelous and defamatory statements and apparently have lost their ability to read their own reports."

Twitter



@carrieunderwood

A note to fellow air travelers: if you must talk SO loud, PLEASE keep the cursing to a minimum. We can't get away from you.



@RealMichelleT

Rules of Law & Order: if someone says, "There was this one guy.....". It's ALWAYS that guy.



@edward_burns

Feeling better. Flu subsiding. Getting back into bed with Scorsese. Taxi Driver this afternoon. Departed up next.



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VALENTINE'S DAY!

gift guide



Switch things up this Valentine's Day by trying something different. Below are a number of fun date options for you and your honey. ISTOCKPHOTO/THINKSTOCK

Dates are a many-splendoured thing

ASTRID VAN DEN BROEK
For Metro

So maybe you didn't score a reservation at the restaurant of your dreams. Or perhaps you are looking to do something different or something new. If you want to switch things up this Valentine's Day, here are 10 fun date options for you and your honey.

1 Karaoke. "You can do this whether you just started dating or if you've been together for a long time," says Kim Hughes, singles and dating expert for the Toronto-based online dating site Lavalife.com.

2 Take in a pub. "Visit an old timer's bar — every neighbourhood has one — and have a pint and play darts," Hughes said. "It takes the pressure off of the date and you're not going to have to hand over your wallet at

Cost-efficient dates

No money? On a bit of a budget? Here are a few cost-efficient options for date night.

- Go for a skate (or toboggan ride). Assuming you have your own gear, including sharpened skates or toboggan, head out for some free winter fun.
- Make dinner at home. "There's no need to make

anything elaborate and it's much more fun when both of you are participating," says Sheree Morgan, a Vancouver-based matchmaker and dating coach.

- Explore together. "Go enjoy a new part of your city or town that you're not as familiar with," suggests Kateryna Spiwak, a Toronto-based dating and relationship coach. "And

if it's in your budget, have dinner in that area, too."

- Take a hike. "People often hike on the weekends together, so if you have the day off go for a hike through a nature preserve or valley area," Spiwak said.
- Make it movie night. PVR a movie ahead of time and uncork a bottle of wine for a movie night at home.

the door to go in."

3 Go bowling. Better yet, if you are a new couple and aren't sure where the relationship is going, grab another couple or two to go along with you and team up, Hughes suggested.

4 Revisit. "If you did something on the very first

date you went on, do it again and go down memory lane," says Sheree Morgan, a Vancouver-based matchmaker and dating coach.

5 Move together. "Take a dance lesson together or go to a salsa or meringue dance club," says Kateryna Spiwak, a Toronto-based dat-

ing and relationship coach. "Or you could go bowling together or play Ping-Pong for fun."

6 Make it a threesome. No, not like that. "Have dinner at home and bring in a massage therapist to come by to give you massages," Spiwak said.

7 Make the most of winter. If the lucky two of you have the afternoon or day off, hit the slopes for some skiing and après-skiing cocktails, dinner and snuggling. Don't ski? Try tobogganing or snowshoeing.

8 Think themed. If you are in a big city, visit your local museum to take in an Asian exhibit and follow that up with a Thai, Chinese or Japanese dinner.

9 Bring dinner home. Rather than heading out to a packed restaurant with its equally jammed reservation schedule, hire a chef to cook dinner in your home. "Or hire someone to come in and play music for you while you're having dinner at home," Spiwak said.

10 Pretend it's prom. Spring for a limo to take a drive through your city or to take you from your home to cocktails to dinner.

Tiffany Locks pendants in sterling silver: Emblem lock, \$165, large heart lock, \$165, mini round lock with a pendant chain, \$140, tiffany.com.



Gifts for the one you love

Why I Love You Journal: A Journal of Us helps you express your love, \$10.99, indigo.ca.



Clinique Happy Heart is a well-loved fragrance and some proceeds go to the Happy Hearts Fund for rebuilding schools, \$42, clinique.com.



Body Shop Chocomania Deluxe Edition collection includes a range of products, thebodyshop.ca.



Enjoy a heart-shaped pizza at Boston Pizza exclusively on Feb. 14. \$1 from each sale goes to charities, bostonpizza.com.



Make your own photo book at Blurb to help you commemorate the love you share, blurb.ca.

Fragments ring in sterling silver with Chalcedony and crystals. erintracydesigns.com.



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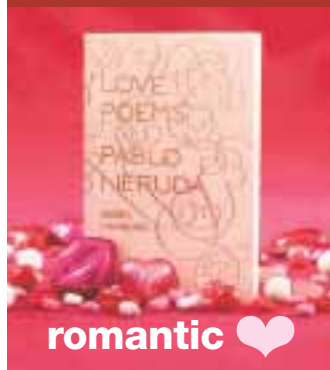
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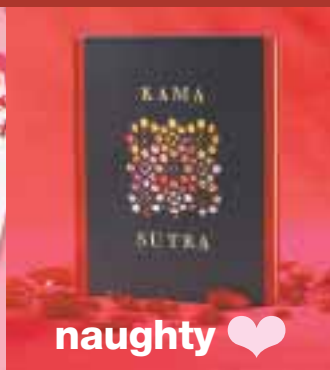
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Presents that pamper

A sweetheart top-to-toe beauty guide for him and her



JANINE
FALCON
For Metro

Glossy, healthy looking hair begs to be touched. For her: **Shu Uemura Essence Absolue Oil-in-Cream** leave-in for dry, frizzy or curly hair, \$68, via shuemuraartofhair.com for salons. For him: **Red-**



ken Clean Spice 2-in-1 Conditioning Shampoo to cleanse and strengthen, \$13.75, via redken.ca for salons.

Great travel skin care kits are genius add-ons to plans for a romantic getaway. For her: **NARSskin Luminous Moisture Set** (includes full-



size serum and eye cream) \$159, at Holt Renfrew, The Bay, and narscosmetics.ca. For him: **Anthony Logistics for Men Grab & Go Kit**, \$45, via ebeauty.ca.

Think of fancy lip balm as a special investment in your kissing future. For her: Luxurious **Diptyque Soothing Lip Balm**, \$42, at Holt Renfrew. For him: **La Mer The Lip Balm** (it's shine-

free), \$58, at Holt Renfrew.

Let's just say soft hands equals soft heart. For her: The swoon-worthy **Crabtree & Evelyn Hand Therapy Paint Box Tin**, \$60, at Crabtree & Evelyn stores. For him: All-natural, super-moisturizing, unscented and non-greasy **Consonant Body Intensive Therapy Organic Hand Cream**, \$20, at



consonantbody.com.

Tempting bath and body treats are a must. For her: A vanilla-licious **Philosophy X's and O's** gift set, \$32, at Shoppers Drug Mart, Sephora and select Bay stores. For him: A fresh-off-the-yacht **Fruits & Passion F/P Homme Numero 003** gift set, \$48.50, at Fruits & Passion.

Supple, silky skin is the gift that keeps on giving. For her: Dreamy **Caudalie Divine Oil** (for hair, too), \$49, at Sephora. For him: Muscle-



warming
**Weleda
Arnica Mas-
sage Oil**,
\$25.50, via wel-
eda.ca.

The how-to of smooth, comfy feet is unsexy, but the results are worth it for playing footsie. All dry heels need an easy-use **Emjoi MicroPedi**, \$49.99, via micropedi.ca. For her: Comforting **L'Occitane Dry Skin Foot Cream**, \$30, at L'Occitane. For him: Pre-activity **Kiehl's Cross-Terrain Dry Run Foot Cream**, \$24, via kiehls.ca.

Clockwise, from top left, Redken Clean Spice 2-in-1 Conditioning Shampoo, Crabtree & Evelyn Hand Therapy Paint Box Tin, Philosophy X's and O's gift set, Fruits & Passion F/P Homme Numero 003 gift set, Emjoi MicroPedi, NARSskin Luminous Moisture Set, Kiehl's Cross-Terrain Dry Run Foot Cream, Caudalie Divine Oil, Consonant Body Intensive Therapy Organic Hand Cream, L'Occitane Dry Skin Foot Cream, Shu Uemura Essence Absolue Oil-in-Cream, Weleda Arnica Massage Oil, Anthony Logistics for Men Grab & Go Kit.



Naughty gifts are nice



Satin and lace underwear cami and boxers, \$49.95, lavieenrose.com.

From Dusk 'Til Dawn Massage Bar gives you an energizing boost, \$7.95, lush.com.



Beyond Cleavage bra with eyelash trim, \$49.50, lasenza.com.



Creative Games for Lovers features 52 games of adventure, \$30, indigo.ca.



The Cosmo Kama Sutra: 99 Mind-Blowing Sex Positions, \$23.95, indigo.ca.

Spicy Subscriptions is an online monthly subscription service for romance, intimacy and beauty products, spicysubscriptions.com.



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Prices valid through February 14, 2013. Merchandise enlarged to show detail and may not always be exactly as pictured. Merchandise may vary by store. Selections may vary by style. Typographic errors subject to correction. Interim markdowns may have been taken. Limited quantities. CT. T.W. = carat total diamond weight. ♥Gemstones may have been processed by one or more common industry practices to enhance and deepen their colour and improve clarity. Gemstones and coloured diamonds may have been treated or enhanced by heating (generally) or irradiation. Zale Canada Co.
†Denotes 10K gold.

From admiring to hiring: Jason woos famous faces

Wu done it.

The one-man style super force speaks of Stephanie Seymour, styling Michelle and his signature Wuism

KENYA
HUNT

life@metronews.ca

Last month there was a rumour circulating on Twitter that your first words in English were Stephanie Seymour, who now stars in your ad campaign. Is that true?

Not quite, but it might as well be. When I first moved to Canada from Taipei, my mom bought me a sewing machine. I didn't speak a lick of English. I grew up speaking Mandarin. So I learned the language by reading my mom's fashion magazines. I was never the best student in school. I learned by applying what I loved. One day I was talking to my aunt, who also had a lot of fashion magazines, and I pointed out Stephanie Seymour. She was like, 'How do you know who Stephanie is?' I've worked with so many people I grew up admiring. Fashion seems to be this impenetrable, daunting industry. But for me to be able to get to where I am today speaks to how many opportunities there are for young people in New York.

Even with the lingering recession?

It's funny because I started during an economic downturn.



Acclaimed designer Jason Wu moved at age nine from Taipei, Taiwan, to Vancouver. CONTRIBUTED

I've never really experienced a good economy in that regard. It's always been a little difficult. I started my business when people were running for the hills and not buying anything.

You've dressed Michelle Obama for two inaugurations. How did the second one differ from the first?

It wasn't something that I quite expected to happen. I can't say that I know so much about politics. And when

I was approached the first time, I wasn't as familiar with Mrs. Obama. I felt like I was part of a moment. But with this second time, it felt more subtle. I felt like it was important for me to keep pretty private about it. I never wanted to sort of exploit the fact that the first lady has been so great to wear me on such an important occasion.

In some parts of the world, you, who left Taiwan as an

Second time's a charm

What were you doing in the exact moment when you first saw Michelle Obama in her second inauguration gown?

For the last inauguration, I was at home. But this time my staff and I were working because I have my show coming up. We were live streaming it on my computers and no one wanted to talk about it so as not to jinx it. But when we saw her, we just all let out this scream. When I first did this four years ago, I had four employees. But this year, I had 30 to celebrate with.



don't think that ever happens. But my career has changed my mind about that.

You're collaborating with Lancôme on a beauty line. And you once created a nail polish collection for CND.

Beauty is a compliment to the clothes. In my teens I bought the Kevyn Aucoin books and used to just stare at them. They were so inspiring for me.

I've never been the person to do minimal hair and makeup. Beauty has always been a part of the design process for me. Even in my working with Hollywood actresses, I'll work with the hair and makeup. I've worked with Diane Kruger, Michelle Williams, Jessica Paré. When it's done correctly, it can create some magical moments.

Are there any that stand out in your mind?

Diane Kruger at the SAG Awards two years ago. We collaborated together. She wore red lips and was very high glam and high contrast. The combination of the hair and makeup and dress suited the event beautifully.

What can you tell us about your upcoming autumn/winter collection?

I've been working on being more confident in what I do and to create real signatures. So there's going to be a lot of signature Wuism that people have come to know me for, taken to another level. That's the whole part of brand building, to drive the point home every time you do anything. Naturally, I feel like I've grown up some.

Twitter



JEANNE
SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE.

@Jeanne_Beker: Very excited! I'm getting a special achievement award from the Canadian Academy of Film +TV on Feb. 27th

@MorleyNirenberg: Mazeltov Jeanne! So very well deserved. #twicon

@Zaib_Shaikh: Big time Congrats Jeanne to a big time pioneer & ambassador.

@TOBeautyReviews: congratulations!!!! Well deserved!

@styleblogca: xoxo! Congrats, Jeanne!!! You are an inspiration.

@LisaTant: Congrats on the Canadian Academy honour @Jeanne_Beker So well-earned!



@Jeanne_Beker: Watching Symbiose by Hinda A at Semaine Mode Montreal...

The Kit

Canadian street style

Spotted in: Vancouver

Sasha,
Fashion lover
Age: 22

What she's wearing
Obakki coat, Maison Olga Milan sweater, Wings + Horns scarf, Rag and Bone jeans, Dries Van Noten shoes.

Her inspiration

"The weather inspires me to dress cozy and warm and I always try to find a way to do this stylishly."



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Bring your favourite coffee shop home

Everybody knows the cost of that daily coffee you pick up on the way to work can add up to quite a bit of money each year. For Canadians who give in to the daily grind, we spend on average \$700 each year for a plain cup of coffee. At this time of the year, it might be nice to save some money while enjoying our java. Invest in an at-home-brewing machine and a thermal travel mug and you could be saving hundreds of dollars a year on your morning ritual.



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Not only can you save money, but you can also help keep millions of paper cups out of the landfills when you use a refillable mug. Here's a list of the machines and coffee costs (based on a five-day work week) from a few of your favourite java houses.



Tim Hortons' Tassimo

Canada's favourite cup of java by far. Their at-home brew comes in the form of the Tassimo T-DISCs capsules and gets made exclusively in a Tassimo at-home-brew machine. The average machine price is \$160 and the coffee capsule is 65 cents — that's \$169 per year.



Van Houtte's Keurig

An established coffee house in Quebec, Van Houtte is making inroads across Canada. Their at-home-brew version is from the Keurig's brewing system and capsules are called the K-CUP. The Keurig Special Edition 860 brewer machine costs \$180 and the K-CUPS average 73 cents, that's \$189.80 per year.



Starbucks Verisimo

Starbucks, the big American coffee shop, has done marvels for the coffee culture in Canada and around the world. For those who criticize the dark-roast blends, they've introduced the Blonde Roast coffee, a lighter, fresher coffee bean. Starbucks has their own at-home-brewing machine called the Verisimo System, which costs \$200. Their Verisimo coffee pods cost an average of \$1, which will average you about \$260 for a coffee before each work day.



Timothys Keurig

A lesser know shop is Timothys, which started in Ontario and has spread throughout Canada and a bit in the United States. Their at-home-brewing machine is also the Keurig (like Van Houtte) and the B31 Brewer costs \$100. Look for it in a few fashionable colours. The K-CUP capsules average 73 cents per cup, which tallies into about \$189.80 per year for your morning work coffee.



Nespresso

Here's the case of a reverse situation. Nespresso launches quality brand espresso capsule systems and it becomes so popular that they start opening Nespresso Cafés around the world. Look for them on the toniest of streets in major Canadian cities. The fancy Nespresso Grand Maestria machine costs a whopping \$800, capsules average 60 cents each or \$156 per year. It's all about exclusivity and prestige with this brand.

It's the thought that counts: make your V-Day eco-friendly

What are the greenest flowers to choose for Valentine's Day?
- Mark, Calgary



QUEEN OF GREEN
Iovah Paglaro
green@metronews.ca

There is no more ubiquitous symbol of love than the Valentine's Day bouquet. But nothing says "I love you" quite as dismally as a pesticide-laden bouquet of flowers, grown by children in a country far away, under hideous working conditions. It's sort of a turnoff.

Luckily, your valentine blooms can plant the seed for long-lasting happiness when you choose fair-trade flowers or potted plants.

Fair-trade flowers are available from major retailers like Choices, Whole Foods and Thrifty Foods. Other florists may also have fair trade or local options available by request. If not, point them toward buds certified by one of three organizations: Fair-trade Canada, the Rainforest Alliance and Veriflora.

Although there are subtle differences between certifi-



A fair-trade bouquet or live plant is the best option for a green Valentine's Day. ISTOCK IMAGES

ers, they all provide similar assurances to the buyer and benefits to the grower.

These include restrictions on certain agrochemicals, equitable wages (often double the standard) and a firm commitment to avoid

child labour.

Fair-trade certification is a huge step toward showing your Valentine you care about her or his health and the world.

But it doesn't guarantee that the flowers you're giv-

ing are completely free of harmful chemicals. This is because no one tests imported flowers for chemical residues.

To shoot Cupid's arrow really straight, look for live flowers. Something that grows is an enduring symbol of your love, one that's infinitely more romantic than a short-lived burst of colour that dies within a few days.

A locally grown, pesticide-free plant is a great choice. Many household plants produce impressive flowers, with the added benefit of increasing the air quality in your home.

Or, for a fresh twist on the flower-giving tradition, surprise your garden-loving valentine with a thoughtful selection of spring seeds or bulbs.

Whether you choose a fair-trade bouquet or a beautiful live plant, your gal (or guy) will be romanced by the care you put into choosing a valentine that's as good for the world as it is thoughtful!

Have questions for the Queen of Green? Write to tpaglaro@davidssuzuki.org or tweet @DavidSuzukiQoG



Hygiene



It's simple — wash your coffee and teapot after every use. ISTOCK IMAGES

Cleaning not your cup of tea?

I never know if you're supposed to wash a coffee and teapot with soap and water after each use?
- Jen, Calgary



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Some people suggest that by not washing a coffee or teapot, you actually enhance the flavours of the beverage. The oils of the

coffee or tea stay in the pot and this helps with the flavour. My concern is that if you don't wash a coffee or teapot correctly, then the natural oil residue can become rancid and this definitely affects the flavours and can potentially make you sick.

The answer is simple. From a hygiene perspective, you must wash the coffee or teapot after each use.

Ensure that you rinse it out well after you have washed it to ensure that you don't leave any soap residue in the pot. When you do wash these, use a simple, soft cloth, with a PH neutral dish soap. Remember not to use too much soap.

A leaner and lighter way to commemorate Chinese New Year



ROSE REISMAN
for more, visit
rosereisman.com

I love the Mu Shiu served in Chinese restaurants. Minced pork, chicken or beef with hoisin sauce and vegetables is served in lettuce leaves or flour wraps.

They're high in calories and fat due to extra oil and the fattier quality of the beef.

These homemade ones taste great and they're

leaner. The peanut sauce is made with light coconut milk.

Try them when you celebrate the Chinese New Year on Sunday.

1. Spray a large non-stick skillet with cooking oil, add the vegetable oil and place over medium-high heat. Sauté the onion until browned, about 5 minutes.

2. Add the carrot and bell pepper and sauté for another 8 minutes, until the vegetables are tender-crisp.

Ingredients

- 2 tsp vegetable oil
- 1 cup chopped onion
- 1/2 cup diced carrot
- 3/4 cup diced red bell pepper
- 12 oz extra-lean ground beef
- 1/4 cup light coconut milk
- 2 tbsp natural peanut butter
- 4 tsp low-sodium soy sauce
- 4 tsp rice wine vinegar
- 2 tsp sesame oil
- 1 1/2 tsp minced garlic
- 1 tsp honey
- 1 tsp sesame seeds
- 1 tsp minced fresh ginger
- 1/2 tsp hot Asian chili sauce
- 1/4 cup chopped cilantro or parsley
- 1/4 cup chopped green onions
- 8 large Boston or butter lettuce leaves

Asian Beef Lettuce Wraps with Peanut Sauce



This recipe serves four. COURTESY OF ROSE REISMAN

3. Add the beef and sauté until no longer pink, about 4 minutes.

4. Combine the coconut milk, peanut butter, soy

sauce, vinegar, sesame oil, garlic, honey, sesame seeds, ginger and chili sauce. Add it to the beef mixture and simmer everything for 3 minutes.

5. Stir in the cilantro and green onions. Divide among lettuce leaves and roll up or allow your guests to roll their own. **RECIPE COURTESY OF ROSE REISMAN**

Cookbook of the Week

Takeout, without the takeout part



Ordering in is not the only way to enjoy your favourite Chinese dishes.

In her book *The Chinese Takeout Cookbook*, Diana Kuan brings Chinatown to your kitchen with 80 popular recipes, including appetizers, main courses, noodle and rice dishes and desserts.

With colour photos throughout as well as helpful tips, Kuan helps you to master classics such as Cold Sesame Noodles, Kung Pao Chicken, Beef Chow Fun, Hot and Sour Soup, Moo Shu Pork, Black Sesame Ice Cream, Pork and Shrimp Egg Rolls and much more.

METRO

The richness of pork and the earthiness of mushrooms

1. Filling: Soak shiitake mushrooms in warm water for 20 minutes. Drain and squeeze out excess water. Discard stems and finely chop mushroom caps. In bowl, mix mushrooms, pork, scallions, soy sauce, rice wine, sesame oil, salt and pepper. Set aside.

2. Keep wrappers covered with slightly damp towel until ready to use to prevent from drying

out. Fill small bowl with water for sealing dumplings. Take wrapper and place heaping 5 ml (1 tsp) of filling in middle. Be careful not to put in too much or it will leak out during folding process. Dip finger in water and moisten wrapper edges all around. Take dumpling in hand and fold wrapper in half without sealing it. With right thumb and index finger, make pleat in centre of top layer of

wrapper, leaving the bottom layer unpleated. Make 2 more identical pleats in same direction, until you end up with 3 pleats on right side. With left thumb and index finger, make 2 more pleats on left side. Press all pleats to seal. Finished wrapped dumpling should resemble a crescent. Lay finished dumpling on a plate. Keep dumplings covered with slightly damp towel until remaining

ingredients are used.

3. Make sure to use large flat-bottomed skillet and have lid ready. Heat skillet over medium-high heat. Add 15 ml (1 tbsp) of the peanut oil and swirl to coat the bottom.

4. Working in batches, line dumplings in pan, smooth side down. Cook 2 mins. or until smooth side starts to brown. Reduce heat to medium. Carefully add about 125 ml (1/2 cup) water to pan, and immediately cover with a lid to contain spitting oil. Let dumplings steam 5 mins or until all or most of water has evaporated. Remove lid and loosen dumplings with a spatula. Turn off the heat.

5. If you are doing repeated batches, wash and dry pan so there is no residual water when you pan-fry your next batch. Repeat pan-frying process with remaining dumplings, adding more oil as necessary.

6. In bowl, whisk soy sauce, black vinegar and sesame oil. Transfer sauce to small sauce dishes and serve. **THE CANADIAN PRESS/ THE CHINESE TAKEOUT COOKBOOK: QUICK AND EASY DISHES TO PREPARE AT HOME BY DIANA KUAN (BALLANTINE BOOKS, 2012)**

Ingredients

- 1 pkg dumpling wrappers (about 50)
- Peanut oil, for pan-frying (about 15 ml/1 tbsp per dozen)
- Filling**
- 8 dried shiitake mushrooms
- 500 g (1 lb) ground pork
- 2 scallions, finely chopped
- 15 ml (1 tbsp) soy sauce
- 15 ml (1 tbsp) Chinese rice wine or dry sherry
- 15 ml (1 tbsp) sesame oil
- 1 ml (1/4 tsp) salt
- 0.5 ml (1/8 tsp) freshly ground black pepper
- Soy & Vinegar Dipping Sauce**
- 45 ml (3 tbsp) soy sauce
- 30 ml (2 tbsp) Chinese black vinegar
- 5 ml (1 tsp) sesame oil or chili oil



This recipe makes about 50 dumplings. THE CANADIAN PRESS H/O

Dessert. Almond Cookies



1. Heat oven to 160 C (325 F).

2. In a standing electric mixer fitted with the paddle attachment, combine flour, sugar, baking soda and salt. Beat in softened butter a few pieces at a time at low speed, until texture resembles that of cornmeal. Beat in eggs and almond extract until a smooth dough is formed.

3. Roll dough between your palms into 3-cm (1 1/4-inch) balls and place them 5 cm (2 inches) apart on ungreased baking sheets.

4. Using the palm of your hand, gently flatten each ball and place an almond in the middle of each. Brush the top of each cookie with egg glaze.

5. Bake for 18 to 20 minutes or until cookies are golden on top, rotating the top and bottom

baking sheets halfway through.

6. Transfer cookies to a cooling rack and let cool for at least 5 minutes before serving. The cookies will keep for up to 3 to 4 days in an airtight container. **THE CANADIAN PRESS/ THE CHINESE TAKEOUT COOKBOOK: QUICK AND EASY DISHES TO PREPARE AT HOME BY DIANA KUAN (BALLANTINE BOOKS, 2012).**

Ingredients

- 625 ml (2 1/2 cups) all-purpose flour
- 250 ml (1 cup) sugar
- 2 ml (1/2 tsp) baking soda
- 2 ml (1/2 tsp) salt
- 250 g (1/2 lb or 2 sticks) unsalted butter, cut into pieces and softened
- 2 large eggs, beaten
- 10 ml (2 tsp) almond extract
- 40 whole almonds
- 1 large egg, beaten, for glaze

Olympics

Canada not budging from Own the Podium stance

Canada won more gold medals than any country at the 2010 Vancouver Olympics, but that's not the goal a year from now in Sochi.

The target for the 2014 Winter Games remains as it was for Vancouver — to beat all other countries in total medals won.

Canada did not achieve that in 2010. The team finished third in the overall medal count with 26 behind the United States (37) and Germany (30).

While Canada's 14 gold in Vancouver set a record for the most won by a country at a single Winter Games, the country isn't moving off the objective of winning the overall medal count in Sochi.

"Our objective is to contend for No. 1 in total medals," said Anne Merklinger, the chief executive officer of Own The Podium. "Every medal matters to our country and to Canadians."

THE CANADIAN PRESS

Olympics

Costs mounting for Sochi Winter Games

Russian President Vladimir Putin scolded government officials Wednesday over a two-year delay and huge cost overruns in the construction of the ski jump facility for the Sochi Olympics.

The 2014 Winter Games, which open one year from Thursday, are expected to cost \$51 billion, making it the most expensive Olympics in history.

Deputy Prime Minister Dmitry Kozak was forced to acknowledge during a nationally televised exchange that the cost of building the ski jump facility had soared to \$265 million US from \$40 million.

THE ASSOCIATED PRESS



London Knights assistant coach Jeff Paul, centre, leads players through a passing drill during practice Wednesday at the Western Fair Sports Centre. JOHN MATISZ/METRO

Goaltending on but PP off for Knights

OHL. London welcomes Sarnia Sting to town Thursday night



JOHN MATISZ
john.matisz@metronews.ca

The second time was the charm for Max Domi.

No longer is he just a driver of the London Knights offence — he's allowed to drive a car now, too.

"I was lazy about it," said the 17-year-old, who passed his G1 beginner's licence test before practice on Wednesday. "Then, finally, I went with (Russian teammate Nikita Zadorov). But, we both failed. We got the signs, but the rules were hard. We went back and finished it off today."

Domi was smiling from ear to ear before practice at West-

ern Fair Sports Centre. And why not?

He's legally entitled to operate a motor vehicle under supervision, he's recovered from the flu and he bagged last Friday's overtime winner.

Then there's the Knights goaltending tandem, which is riding seven-plus periods of shutout hockey into Thursday's game versus the Sarnia Sting (7 p.m., Budweiser Gardens). Goalie coach Bill Dark says netminder Anthony Stolarz will start then, with Jake Patterson getting the nod the following night versus Owen Sound.

"It's awesome," Domi said. "Goaltending's huge, obviously. For them to both be pushing to the No. 1 spot is the best-case scenario."

The last time Sarnia was in town on Jan. 1, they pulled off an epic comeback that knocked down London's towering 24-game victory streak.

Tale of the tape

London: 1st in Midwest Division (39-9-1-2)

- Coming off 3-0 win over Owen Sound
- Leading scorer is Seth Griffith (31 goals, 46 assists)

Sarnia: 3rd in West Division (28-20-0-3)

- Coming off 5-2 win over Kingston
- Leading scorer is Charles Sarault (18 goals, 59 assists)

Import Nikolay Goldobin scored his fourth goal of the game in extra time, sending the Sting bench into hysterics.

A goal from a London player's stick would have meant the team tied an OHL record for longest winning streak.

"It's not a good feeling," said assistant captain Seth Griffith, who was on the ice for the heartbreaking loss. "Looking back, we were so close to breaking the record, right? We're looking to get some pay-

back. We can't let leads slip away like that."

You can often put a game away by simply capitalizing on the power play — something the Knights have struggled to do lately. Over their past four games, they've scored three times in 20 tries.

"We've got to change it up. We've got a lot of skill out there, and have to start using it," said Domi, who has 28 goals, which is second most on the squad to Griffith's 31.

4 SPORTS

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COMEDY RADIO

Big guns slow out of the gate

NHL. 3 of 4 conference finalists from last season have yet to find their footing

They made up three teams of the NHL's version of the final four last season.

This season, the Los Angeles Kings, New York Rangers and Phoenix Coyotes are playing like teams that won't get to enjoy the final round of the conference playoffs. All three teams have failed to build on their post-season runs of a year ago — and sky-high preseason expectations. The Kings, the defending Stanley Cup champions, and the Rangers wouldn't even make the playoffs at this rate. And amid complicated ownership issues, the Coyotes are just hanging on.

In this lockout-shortened season, where slow starts can prove costly, all three are in a rush to recapture what made them so special last May.

This trio of underachievers has company when it comes to slow-starting teams, however. The Minnesota Wild, Philadelphia Flyers, Washington Capitals and Detroit Red Wings are

Quoted

"We have some guys that are very tentative, very careful. We don't play careful hockey."

Rangers coach John Tortorella, on his team's lacklustre start to the season.

all among a group lacking that extra spark. And just like that, folks, 20 per cent of the season is already in the books.

But it's the Kings, Coyotes and Rangers that are the most puzzling. They should all have that fire to get back to where they were. After all, the Eastern Conference-champion New Jersey Devils — the other team from the 2012 final four — are fourth in the East and are only a point behind Pittsburgh for the top spot in the Atlantic Division entering Wednesday's games.

So it's not like there has to be a post-season hangover. But whatever the Devils (5-1-3) have right now, the Rangers (4-5), Kings (3-3-2) and Coyotes (4-4-2) simply don't.

The Rangers can probably forget about earning the top seed in the conference for the second straight season. New



Adam Henrique, bottom right, of the New Jersey Devils, celebrates scoring a goal in a 3-1 win over the New York Rangers on Tuesday in Newark, N.J. The two Eastern Conference finalists from a season ago have had varying degrees of success to begin this shortened season. JULIO CORTEZ/THE ASSOCIATED PRESS

York has little depth and no scoring punch outside of the top line. The Rangers frontloaded that first line — Marian Gaborik, Brad Richards and Rick Nash — and that's worked. They've combined for nine goals and 23 points. It's the rest of the team that's strug-

gled. All the young players who were supposed to be dynamite on the second line, like Carl Hagelin and Chris Kreider, have been anything but. That's the price the Rangers have paid for dealing several "depth" players like they did to get Nash. The Rangers have scored 20 goals,

the lowest total in the East. Goaltender Henrik Lundqvist can't save 'em all for New York.

"We have some guys that are really playing hard," Rangers coach John Tortorella said, "and we've got some guys that look scared and tentative."

THE ASSOCIATED PRESS

Signs of change

Coyotes turning ship around

Out in the desert, essentially the same roster that won the Pacific Division has been unable to ride much of a hot streak.

They hit a rough patch off the ice when Greg Jamison was unable to pull together the funds and investors he needed to purchase the team before a deadline with the city of Glendale expired.

The Coyotes, with their long-term future now uncertain, are slowly turning around their season and have points in their last five games.

Meanwhile in L.A., the defending champs simply can't score. Toss out Jeff Carter's four goals, and the Kings only have 15 this season. Mike Richards only has one goal and the Kings also are struggling on the power play.

Skiing

Vonn eyeing end-of-year return

Lindsey Vonn is determined to be back competing for medals at next year's Sochi Olympics despite her season-ending knee injury after a crash.

According to the U.S. Ski Team's Alpine director, she's even hoping to start racing again in late November or early December.

Vonn tore two ligaments in her right knee and broke a bone in her lower leg in the opening race of the world championships, and the reigning Olympic downhill champion will undergo surgery in the U.S. next week.

"I am grateful to my fans for the outpouring of support, which has really helped me stay positive," Vonn said in a statement on Wednesday, a day after her super-G crash in Schladming. "I can assure you that I will work as hard as humanly possible to be ready to represent my country next year in Sochi."

Because of the intense media attention, neither she nor the U.S. Ski Team would say when she's leaving Austria.

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Horoscopes

Aries

March 21 - April 20
Friendships are under excellent stars at the moment and someone you meet on your travels will become a firm favourite. Yes, they're a bit "different" but that's what makes them so interesting.

Taurus

April 21 - May 21
The current planetary set-up is overwhelmingly favourable. No, really, it is. Today's influences are especially good for matters related to your work or career, so make use of them. Let your boss see how keen and committed you are.

Gemini

May 22 - June 21
Employers and other important people are hugely impressed by your efforts over the past few months and some sort of recognition or promotion cannot be far away. They can see you've got what it takes — so take it.

Cancer

June 22 - July 23
You don't have to be fearful. You don't have to hide in the shadows. The way to overcome your doubts is to put them to the test. Do something today that most people would try to avoid. You're not most people.

Leo

July 24 - Aug. 23
Try not to be too hard on yourself. Yes, you have made mistakes, maybe more than a few. But you are human like everyone else, so don't beat yourself up about it. You make more mistakes because you take more risks.

Virgo

Aug. 24 - Sept. 23
What you need to remember today is that pressure can be creative. It may feel as if you are being forced to move into unfamiliar territory but don't complain too much. You will feel the benefits soon enough.

Libra

Sept. 24 - Oct. 23
Expect only good things over the next 24 hours. With Venus, your ruler, linked to luck planet Jupiter, no matter how far-reaching the changes in your life may be they will be positive ones. So, why worry?

Scorpio

Oct. 24 - Nov. 22
Break out of your rut and do something more constructive with your time. What that something is only you can decide. But, anything of an artistic nature will go well for you now as will affairs of the heart.

Sagittarius

Nov. 23 - Dec. 21
You will have to act quickly today if you want to avoid some kind of feud boiling over. Be fast, be firm and be the one who demands honesty all round. Too many people are still avoiding the truth.

Capricorn

Dec. 22 - Jan. 20
Ignore rules and regulations. Do what comes naturally and take no notice of those who say you should do everything by the book. If you listen to them, it's unlikely you will ever get anywhere worth going.

Aquarius

Jan. 21 - Feb. 19
The omens are very much in your favour and there is no telling what you might achieve if you have the courage to take a few risks. On the love front, especially, you will be much in demand over the next 24 hours.

Pisces

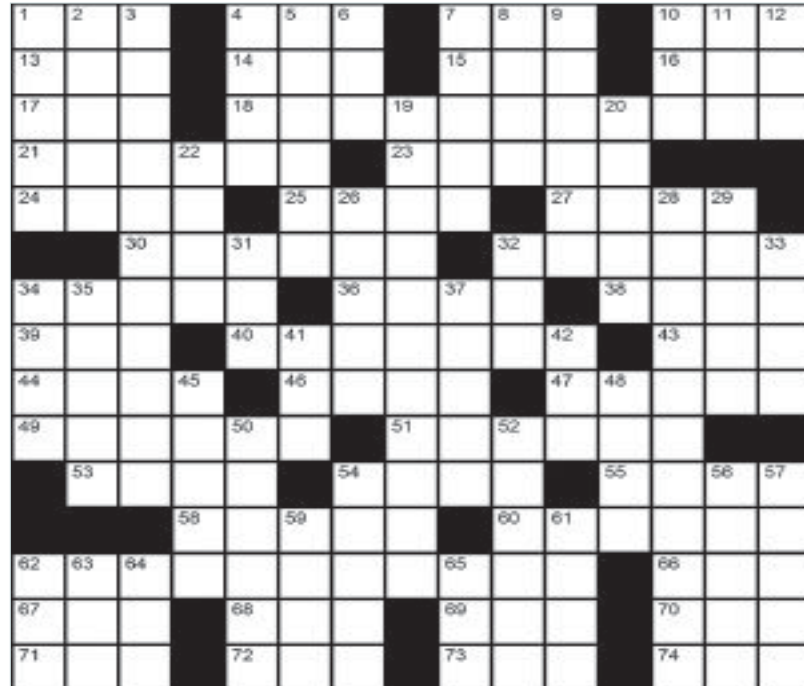
Feb. 20 - March 20
It may seem as if everyone but you is having fun at the moment but that's just because of your negative outlook. Open your eyes and see what a truly privileged lifestyle you lead and pretty soon you'll be smiling again. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Shih __ (Cute dog)
- Calgary, __
- Mil. authority
- Canadian actor Mr. Bellows
- Distinguished [abbr.]
- Actress Ms. Ling
- King, in Portugal
- Rapa __ (Easter Island)
- Dadaist Jean
- Historic site in Alberta, Head-Smashed-In __
- Fur __ (Beaver's bane in early Canada)
- Earth's __ layer
- Evening: French
- Gaelic
- Require
- The Ewing Clan's show
- Ruffled-waist, as on a dress
- Gangster from 'Star Wars', __ the Hutt
- Singer of "Grace Kelly"
- Popeye comics kid, __Pea
- "Take __, insist!"
- iPads, and others
- 'Fact' finisher
- __ vinegar
- TV-watcher's spot
- Symbols
- Dickinson of "Dragons' Den"
- Together
- "This __ laughing matter!": 2 wds.
- Their: French
- Increases twofold, for short
- Courtroom event
- Breakfast serving
- Acadian singer of "Kissing Rain": 2 wds.
- 'One' to Marie-Claire
- British singer Rita
- Affixed, abbreviated
- Hour div.
- Opposite WSW
- VJ's network
- __ Vegas
- Mac rivals
- Hockey great Mr. Apps

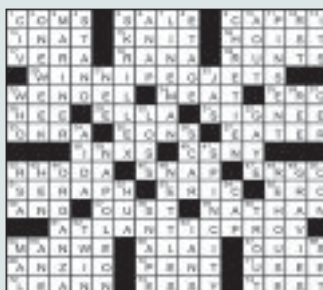
Down



- " __ great!" (Congrats!)
- Mask-and-sword swashbuckler
- Causes of past due notices: 2 wds.
- Superior at a French monastery
- Comedy duo, __ and Hardy
- "I Love Myself Today" by __ Naked
- Fad
- "Canadian Idol" Season 5 winner, Brian __
- The __ Quintuplets
- Antelope with ox-like horns
- 'Consort' completer
- Collagen target
- Coal and petroleum: 2 wds.
- Army vehicles
- Dullsville
- Sylvester Stallone title role
- Dan Aykroyd's harmonica-playing character: 2 wds.
- Expected to arrive: 2 wds.
- Globe's long. crosser
- Mr. Sajak
- Prescriptions, commonly
- "Letters from Iwo __" (2006)
- Video game pioneer
- Mr. Reeves
- Peer Gynt's mother
- Sixties-style protest, __-in

- Wedding anniversary for tin
- Relinquish control
- Aboriginal artist Mr. Morrisseau, The Picasso of the North
- Alanis Morissette hit
- Milks: French
- Squiggy's "Laverne & Shirley" pal
- Hamilton, __ City
- Speck
- Clothing department
- Movie genre, __-com
- 'Comf' completer
- Cleveland NBA-er
- Rapsallion

Yesterday's Crossword

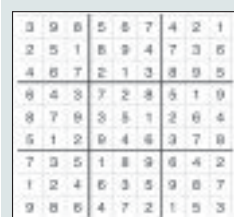


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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